

AMENDMENTS TO THE SPECIFICATION

Please amend the specification as follows:

Please amend the paragraph starting at page 3, line 5 as follows:

FIGURE 5 illustrates a weight securing clamp mechanism suitable for ~~used with~~ use with certain embodiments of the invention.

Please amend the paragraph starting at page 4, line 7 as follows:

With traditional weight lifting tools the amount of weight cannot be easily and incrementally varied. Thus, in a karate studio using these tools, many weight sets may be needed. Moreover, there is currently no known commercially available way that ~~no way that~~ weights from standard weight lifting apparatus can be used. Variable space and money are therefore consumed in a facility that wishes to provide the ability to replicate these exercises to multiple patrons with differing weight needs and hand sizes simultaneously.

Please amend the paragraph spanning pages 8 and 9 as follows:

FIGURE 4 depicts another exemplary embodiment similar to that of **FIGURE 1**. This embodiment differs in several respects. The gripping plate 340 is secured with a klik pin 344 that passes through a collar 348 in the gripping plate 340 and aperture 354 the shaft 358. After the pin 344 is inserted, a loop 362 of the klik pin 344 flips over the collar 348, thereby inhibiting the pin from slipping out. The clamp in this embodiment is a split shaft collar 364 secured by a screw to cause the split shaft collar 364 to close and grip the shaft 358.

Please amend the paragraph starting at page 10, line 7 as follows:

In this embodiment of a variable diameter gripping plate 500, the outer diameter drops abruptly at area 522 from diameter 514 to diameter 510 (traveling clockwise around the perimeter) and then gradually increases diameter until diameter 514 is reached around 160 degrees from area 522. At area 526, the outer diameter drops abruptly to approximately four inches and then curves outward to diameter 510 (still traveling clockwise). Once it reaches

diameter 510, the curve gradually increases until it reaches diameter 514 at area 522 ~~at are 522~~. By providing a variable diameter around the periphery of gripping plate 500, different size hands can be more easily accommodated. This curve permits the user to find any number of areas of comfort to grip and adapts to a wide variety of hand sizes when using the weightlifting apparatus. The edge defined by the spiral segment between 528 and 522 is generally intended for the thumb, while the edge defined by the spiral segment between 522 and 526 is generally intended for the fingers. Of course, other grips could also be employed without departing from the invention. Many other irregular shapes, variable diameter shapes, or multi-diameter configurations could also be devised without departing from the present invention.

Please amend the paragraph starting at page 12, line 7 as follows:

FIGURE 8 depicts another embodiment 600 of the handle portion of an exercise device consistent with the present invention. In this embodiment, the handle is fabricated in two parts. The weight carrying part 604 has diameter 124 suitable for accepting weights and an end cap 112 ~~end cap 124~~ at one end. The other end of part 604 has a threaded member 608 extending outward therefrom with the threaded member centered along the center axis of the weight carrying part. A handle part 612 may then have a mating female thread 616 in an end thereof that engages the threaded member 608, with a lock washer 620 therebetween, to form a complete handle. The diameter of the handle part 612 may be larger in diameter 624 (e.g., about 1.25 to 1.5 inches) to prevent weights from sliding toward the user's hands, but a clamp or collar or other mechanism is still suggested for use in firmly securing the weights against the end cap 112. The other end of the handle part 612 can be adapted for pivotal attachment of the gripping disks. In one embodiment, the two part handle mechanism 600 may have lengths of approximately eleven inches at dimension 630 and about nine inches at 634, but other lengths are also consistent with certain embodiments of the present invention.

Please amend the paragraph spanning pages 13 and 14 as follows:

For the embodiments described above, the gripping plate may be made of any material that can support the weight used for carrying out the exercises. Such materials as metal, wood,

plastics, etc. are all suitable. In other embodiments, the gripping plate may be used without the rod and barbell weights to carry out exercises. In one exemplary embodiment, shown in **FIGURE 10**, a variable diameter gripping plate may be shaped as shown similar to gripping plate 500. A central aperture 804 can be used to directly support a customized weight of any suitable configuration that attaches directly to the aperture. In this example, a weighted ball 812 ~~can be~~ ~~can be~~ held in place by a friction fit. In another embodiment, the weight can be integrated into the gripping plate. In other embodiments, a compartment can be formed in or attached to the gripping plate into which the user can add selective amounts of weight as desired for a particular exercise. In the exemplary embodiment illustrated, the thickness tapers outward from diameter 816 and can be, for example 1.25 inches at 820 and 0.5 inches at 824. Cavity 804 may be, for example, three inches in diameter at diameter 816. Other dimensions may also be suitable for implementation of certain embodiments consistent with the present invention. In this case, the gripping plate may be made with any desired degree of firmness or flexibility in order to accommodate the hand, finger or arm exercises contemplated. In one embodiment, the gripping plate may be made of a firm but flexible rubber material (or similar) so that the gripping plate may be used in exercises in which the gripping plate is flexed and/or squeezed to carry out various hand and finger exercises.